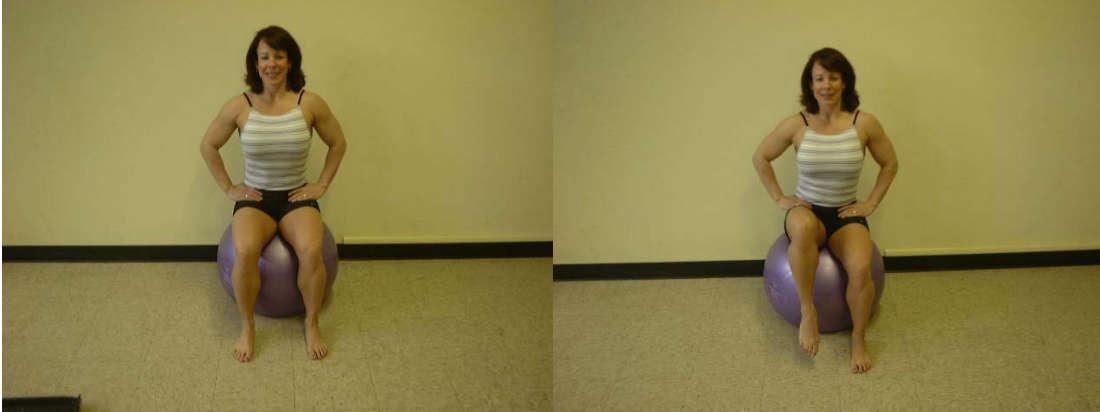


Sitting on Ball Alt. Leg Lift with Bent Knee - balance, powerhouse muscles. Sit tall on ball, hands on hips, pelvis in neutral position, knees at a 90-degree angle and feet flat on floor. Inhale and lengthen neck and spine through the crown of head. Keep back straight, exhale as you lift one knee up, and inhale as you lower to start position Repeat with other leg. **Focus** on pulling navel up and into spine, elongating the neck and minimize rocking of the body. Keep hips square and buttocks anchored to ball.



Sitting on Ball T-Fold Straight Back - abdominal muscles, powerhouse, and hamstring stretch. Sit tall on ball with neutral pelvis, knees at a 90-degree angle and feet flat on floor. Extend arms out to sides at shoulder level. Inhale and lengthen neck and spine through the crown of head. Keep back straight, exhale as you bend forward until parallel to floor. Inhale as you reverse the movement. **Focus** on pulling navel up and into spine and elongating neck, keeping arms extended and back flat throughout exercise and keeping head in alignment and shoulders away from the ears.

